

# Advice after hernia repair

## Children's Ward

## Parent/Carer Information Leaflet



### Introduction

Your child has had surgery to repair a hernia and we wish them a speedy recovery.

In order to help with their recovery, we have designed this leaflet to provide you with advice on how to care for them after their operation. Your child's hospital doctor may also give you specific advice to follow.

Everyone recovers differently after surgery and it is normal to feel tired and weak for several days. If you are concerned about your child, please contact your GP.

## Will my child be in pain?

It is usual for your child to be uncomfortable for a few days after their operation.

If your child is in pain when you get home, we recommend getting simple pain control such as paracetamol or ibuprofen. Please make sure you have some at home before the operation, as we cannot give you any to take home after the operation. Always read the label on the bottle/packet and do not exceed the recommended dose. You can ask your pharmacist for advice, if you need it.

If your child needs stronger medicine, we will give you this before you go home.

## What happens to the dressing?

The dressing will need to be left on and kept dry for 48 hours after the operation. After this, you can take it off after soaking in a bath or shower as this makes it much easier to remove.

## How do I care for the wound?

Once the dressing is taken off, to help reduce the risk of infection your child should have a daily bath. It is best not to add anything to the bath water like salt, bubble bath etc.

As the wound heals, it may feel itchy, tingly, lumpy or numb and may pull slightly around the stitches. This is normal and part of the healing process.

We normally send one of our community paediatric nurse team out to your home address to check the wound about one week after your child's operation. If your child will be cared for somewhere else, please can you let us know so that we can make other arrangements.

If the wound becomes **very red, swollen or starts oozing fluid**, you will need to ask for advice from the Children's Ward on 01384 244271 or the nurse from your GP practice.

Your child may have stitches which dissolve, stitches that need to be taken out or staples. The nurse will tell you which type they are before you leave hospital.

If your child has stitches or staples that need to be taken out, we will give you a letter to give to the nurse at your GP practice. You can use this letter to make an appointment at your GP surgery to have the stitches or staples removed. This is normally between seven to 14 days after the operation.

Please note that if your child has staples, you will need to make sure you have a staple remover and dressing given to you when you leave hospital. Take these to the nurse at your GP surgery when your child has the staples taken out.

If your child has dissolvable stitches, it is best that they do not soak in the bath for a long time. This will weaken the stitches which will mean the wound will take longer to heal. Also, they will need to be careful not to damage the area around the stitches by scrubbing too hard.

### **When can my child return to school?**

Your child will need to stay off nursery or school until the wound has been checked by a nurse.

### **What about other activities?**

Do not allow your child to take part in contact sports or boisterous activities for four weeks after their operation. This is to allow healing to take place.

### **What should I look out for?**

If your child shows signs of the following during the next few weeks, always seek advice from the Children's Ward on 01384 244271, your GP or the Emergency Department:

- High temperature
- A lot of pain
- Being sick

Even if the wound looks fine, this could mean that your child has an infection.

### **Follow up**

We will give you a follow up appointment if you need one before you leave hospital. Please contact the number on the appointment sheet if you cannot make this appointment and we can arrange another one.

If you have any questions, concerns or if there is anything you do not understand about this leaflet, please contact:

**Children's Ward on 01384 244271**

**Your call is always welcome.**

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dgft.nhs.uk/services-and-wards/c2-childrens-ward/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔